

January's Gold Medal School of the Month

Brookwood Elementary

Principal: Michelle Clark

School Coordinator: Kim Kehl

Mentor: Kristine Jeppesen

Many schools say no way when it comes to using food as a reward, but not Brookwood Elementary. Without a policy in place at the end of last year they started to change the scene at their school. Teachers were encouraged to spend the money earned from achieving both Bronze and Silver to buy non-food incentives and playground equipment.



Setting the example is Principal Michele Clark. Last year she had airheads in her office for student recognition. Now she has pencils. "It is amazing," she said. "Only about five kids have asked about the airheads." Clark even encourages teachers to find something besides food and treats to give students for their birthdays as well.

At the birthday table where there use to be cake there are prizes and of course students still get to enjoy their lunch with Clark. Even at Halloween there were healthy alternatives available like apples water and milk and the kids had fun!

Brookwood Elementary makes no food rewards look easy. Faculty and even Clark were apprehensive about the change to non-food incentives. Despite their uncertainty they found success and new possibilities. An extra recess, which doesn't cost a cent, has been a favorite for students.



Students aren't the only ones receiving a change of scene at Brookwood. Faculty members are already getting ready for next years yearlong wellness program now. Starting this month faculty will have a wellness opportunity to look forward to

each month. This month a wellness fair filled with information, massages and pre-testing of cholesterol, blood pressure, and body composition on site. Staff and faculty are individually getting fit and tracking their miles in the faculty lounge.

That is not all. They've already made it to Hawaii. They all walk the Gold Medal Mile (GMM) at Brookwood. For National Walk to School Day Clark started in the neighborhood and walked to school with students, their families and teachers. They finished on their school track walking the GMM. As a school and community they are definitely on the track to success with Gold Medal Schools!